

## Tips To Help With Eating & Weight Gain Problems:

If your child is losing weight or failing to gain weight, try the following ideas to help improve their eating, growth and weight gain.

- Give your child three meals and no more than three healthy snacks every day. Nibbling close to meals can reduce your child's appetite at mealtime.
- Plan for regularly scheduled meals and snacks at the table or designated eating place.
- Keep eating time relaxed and comfortable for all family members. Avoid distractions while eating, such as TV or allowing your child to roam. Try not to hurry meals and snacks.
- Avoid arguing, nagging or punishing. Forcing a child to eat may make things worse. Many children react to pressure by refusing to eat.
- Limit beverages. Offer drinks after or between meals; never right before or at the beginning of meals. Liquids can easily fill your child's tummy and keep him from eating more nutritious solid foods.



## Sample Calorie Boosters Menu for Children 2–3 Years Old

### Breakfast:

- ½ cup dry cereal
- ½ cup fruit pieces
- 1 scrambled egg
- 4 ounces **Super-Strength milk**



### Snack:

- 1 tablespoon peanut butter
- 2–3 crackers
- 4 ounces fruit juice



### Lunch:

- ½ grilled cheese sandwich
- 4 ounces **Super-Strength milk**
- ¼–½ cup peas and carrots



### Snack:

- ½ cup applesauce

### Supper:

- 2 ounces chicken
- 1/3 cup rice and gravy
- ¼ cup broccoli with cheese sauce
- 4 ounces **Super-Strength milk**

### Snack:

- ½–1 cup high calorie, homemade milkshake



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# calorie boosters

for weight gain and growth



# High Calorie Milkshake Recipes And Ideas:

An option for getting extra calories is making high calorie milkshakes with basic kitchen ingredients using a blender or a spoon.

## Step One:

Begin by adding one cup (eight ounces) of a “milk base” to the blender container.

Milk Base	Calories per Cup (eight ounces)
Whole milk (high fat)	150
Reduced fat milk (2%)	120
Low fat milk (1%)	100
Non-fat/skim milk	85
Soy milk	80-130
Super-Strength milk (2%)	240

## Step Two:

Add any combination of the following calorie boosters to make a high calorie & tasty milkshake:

Calorie Boosters	Calories
Peanut butter* (1 tbsp)	85
Vanilla ice cream (½ cup)	130
Banana (½ medium)	60
Blueberries (½ cup)	40
Mixed frozen, canned or fresh fruit (½ cup)	60
Dry milk powder (1 tbsp)	30
Powdered “instant breakfast” drink mix	130
Pasteurized egg product (¼ cup)	40
Plain low fat yogurt (½ cup)	65
Low fat yogurt with fruit (½ cup)	120
Pudding cup (½ cup)	60-100
Table sugar (1 tbsp)	50



## Sample Shakes:

8 oz low fat milk	100
1 tbsp peanut butter	85
½ banana	+ 60
245 calories	
8 oz 2% milk	120
½ c vanilla ice cream	130
½ c peaches	+ 60
310 calories	



8 oz Super-Strength milk	240
½ c blueberries	40
½ c fruit yogurt	+ 100
380 calories	

\*Use only for ages 2 and older

You can try adding one or more of the following “calorie boosters” to the foods/drinks that you already know your child will consume well.

## Powdered Milk:

- You can add powdered milk to hot cereal, hot cocoa, casseroles, meatloaf, mashed potatoes, sauces, soups or use in baking by adding to batter.



## Super-Strength Milk:

- One quart milk
  - One cup instant dry milk powder
- Stir until mixed well and use as you would regular milk.

## Milk, Cream or Half-and-Half

- Use in place of water in preparing foods such as hot cereal, hot cocoa, soups, cream sauces or batters.

## Eggs

- Add chopped hard-cooked eggs to salads, casseroles, vegetables or dressings, add an extra egg to pancake or French toast batter. (\*egg whites are not for children under 1 year old).

## Cheese/Cream Cheese/Cottage Cheese

- Melt cheese on sandwiches, meats, bread, or vegetables. Grate and add to eggs, sauces, casseroles, meat loaf or pasta dishes.
- Use cream cheese to spread on bread, crackers or fruit slices.
- Try cottage cheese with fruit, Jell-o, or add to casseroles, eggs or pancake batter.

## Peanut Butter or Other Nut Butters\*

- Spread on sandwiches, toast, pancakes or waffles or use as a dip for fruit or vegetable sticks. Blend peanut butter into milkshakes or batter/dough for baked goods.

## High Calorie Condiments

- Add oils, butter, margarine, gravy, mayonnaise, sour cream or other high calorie condiments to mashed/baked potatoes, noodles, hot cereals, rice, cooked vegetables or other foods where they can be tastefully mixed in.